

Rio Del Oro Spring Invitational Swim Meet

Hosted by: The Rio del Oro Rapids

Saturday May 15, 2010

Invitational Meet for Registered Recreational Swimmers Only

- Location:** Rio Del Oro Racquet Club is located at 119 Scripps Dr. off Howe Ave. between Fair Oaks and American River Dr. From Highway 50 exit Howe Ave. / Power Inn Rd. Head north on Howe Ave., take a right on American River Dr., go one block east then take a left onto Scripps Dr. Rio Del Oro is located on the right hand side about one block north from American River Dr.
- Facilities:** Outdoor heated, 8 lane 25-Yards with restrooms. 2 additional lanes available for warm-up.
- Eligibility:** All swimmers registered with a recreational swim team are eligible for this meet.
- Entries:** Entries must be on an individual consolidated entry form. A consolidated entry form is included with the meet sheet. The form must be filled out completely.
- Entry Limits:** Swimmers may enter all events available for their age group. **A cap of 500 swimmers will be enforced. No entries will be accepted after the cap is reached.**
- Entry Fees:** Individual entries: \$3.00 per event and an additional \$6.00 surcharge per swimmer. Checks should be made payable to **Rio Del Oro**.
- Warm Ups:** Warm ups will be run by age group. **13-18:** 7:30 – 8:00, **11-12:** 8:00 – 8:20, **9-10:** 8:20 – 8:40, **8&Un:** 8:40 – 9:00. The meet will begin at 9:00am.
- Check-In:** All swimmers must check-in. Swimmers in the first four events must check-in by 8:00am. All other swimmers must check in at least 30 minutes before their first scheduled event. The meet will begin at 9:00am.
- Admission:** Admission is free. Programs will be available for \$3.00 at the check-in table.
- Awards:** Ribbons will be awarded to the top 8 place finishers. Awards will be given to the coaches of each team at the conclusion of the meet. If the awards are not picked up at the meet, **they will not be mailed.** Deck entries will not be scored or awarded.
- High Point:** Individual high point awards will be given to the top male and female swimmers in each age group.
- Meet Director:** Name: Allison Koerwitz Phone: (916) 488-8100 ext 15
- Vendors:** A snack bar will be open during the meet, serving snacks, breakfast, and lunch. Invitational meet T-shirts will be for sale for all swimmers.

Deadlines: All entries must be postmarked by Friday, May 7. Entries received after the 500 swimmer cap has been met will be returned.

Send entries to:
Rio Del Oro – Rapids Invitational
119 Scripps Dr.
Sacramento, CA 95825

Entries may be hand delivered until Monday, May 10th to the Rio Del Oro front desk. Late entries will be handled as deck entries.

